

Having a healthy baby begins with you!

# MOTHERS & BABIES



**Think you are pregnant?**  
See a doctor!



**Take a multivitamin.**  
Make sure it contains folic acid.



**Take charge!**  
Have chronic illnesses under control.



**Eat smart.**  
**Eat healthy.**  
Cook and store food properly.



**Get moving!**  
Exercise reduces the risk of chronic illness for mothers.



**Kick the habit!**  
Smoking has been linked to low birth weight.



[www.scdhec.gov/epht](http://www.scdhec.gov/epht)



South Carolina Department of Health  
and Environmental Control



**TRACK IT.**  
**MAP IT.**  
**USE IT.**

SC Environmental  
Public Health  
Tracking